

Selenium

Function:

- ⦿ Antioxidant protection of cell membranes
- ⦿ Thyroid
- ⦿ Pancreatic
- ⦿ Enzyme activation
- ⦿ Immune system
- ⦿ Detoxification of heavy metals

Deficiency symptoms:

- ⦿ Muscle weakness/pain/tenderness
- ⦿ Heart abnormalities
- ⦿ Red blood cell fragility
- ⦿ Pancreatic degeneration
- ⦿ Loss of color in hair, skin & nails

Conditions contributing to deficiency:

- ⦿ Alcoholism

- ⦿ Malabsorption from liver, GI tract, kidney or pancreas diseases



Recommended daily amount:

50-200 micrograms

Toxicity symptoms:

- ⦿ Fatigue
- ⦿ Nausea & vomiting
- ⦿ Diarrhea
- ⦿ Nail changes
- ⦿ Hair & nail loss
- ⦿ Inhibition of protein synthesis



Good food sources:

Brazil nuts
Herring
Scallops
Smelt
Lobster



Barley
Oats
Whole wheat
Wheat germ
Dairy products